

Food is Medicine: Food Insecurity Screening in Primary Care

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Family Medicine Residency of Idaho

Collaborating for Health 2016:

Building Blocks for a Healthier Idaho Conference



FAMILY MEDICINE RESIDENCY
OF IDAHO



Learning Objectives

- Participants will identify a method of screening for food insecurity.
- Participants will list some of the successes and challenges of implementing a food insecurity screening within a primary care clinic.



What is Food Insecurity?



What is Food Insecurity?



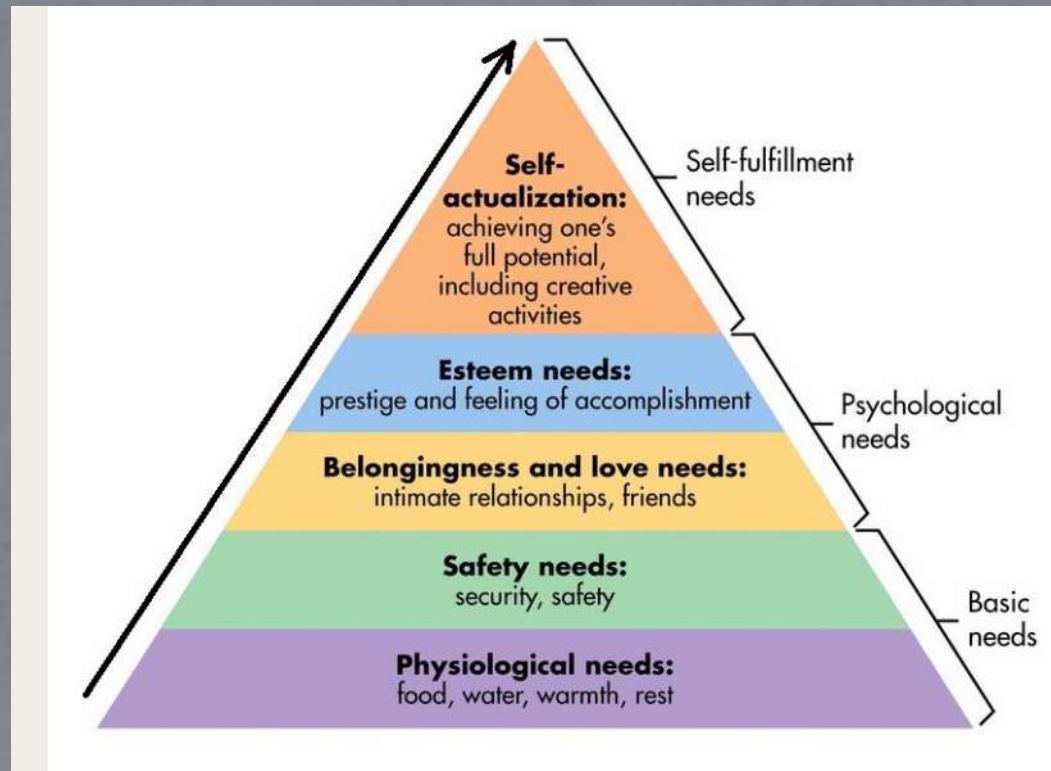
What does food insecurity look like?



What does food insecurity look like?

- Lack of transportation, access to grocery stores
- Meals with 1 item, skipped meals
- Shared kitchens
- Limited kitchen supplies
- Limited cooking skills
- Cycle of excess, then nothing

Maslow's Hierarchy of Needs



Hierarchy of Food Needs

Ellyn Satter's Hierarchy of Food Needs

J. of Nutrition Education & Behavior, Sept/Oct 2007 Supplement, Vol 39, p. S187-S188.



Food Insecurity and Health

- Food insecure adults are at higher risk for
 - Malnutrition
 - Obesity
 - Type 2 diabetes
 - Depression
 - Pregnancy complications (gestational diabetes)
 - Choosing food over medications
- Food insecure children are at higher risk for
 - Developmental and academic problems
 - Frequent stomach aches and illness
 - Nutritional inadequacies
 - Underweight and obesity

Family Medicine Health Center

Operated by the Family Medicine Residency of Idaho



Family Medicine Health Center

- Rural and underserved family medicine
- Residency program
 - Training family medicine physicians
- 7 locations in the Treasure Valley
- Patient Centered Medical Home (PCMH)
 - Comprehensive, coordinated primary care
 - In-house pharmacy, specialty clinics, procedures, dietitian, behavioral health, outreach and Your Health Idaho enrollment.

More about PCMH Model: <https://pcmh.ahrq.gov/>

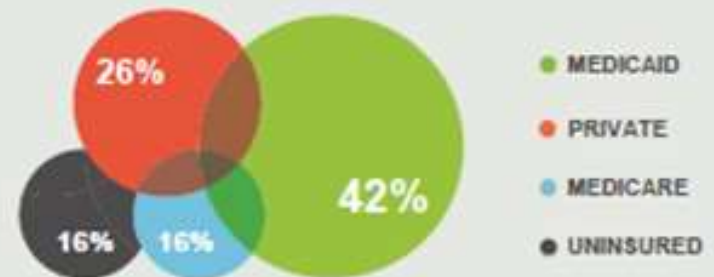
Family Medicine Health Center

- Patient Population
 - 16% Medicare
 - 42% Medicaid
 - 39% under 100% FPL

Patients by Federal Poverty Level



Patient Principle Source of Insurance



Food Insecurity Screening Pilot

“Food is Medicine”

Food is Medicine

- Modeled after the Childhood Hunger Coalition
- Validated 2 question screen

TABLE 2 Screening for Food Insecurity

1. Within the past 12 mo, we worried whether our food would run out before we got money to buy more. (Yes or No)
2. Within the past 12 mo, the food we bought just didn't last and we didn't have money to get more. (Yes or No)

Adapted from Hager et al.³⁵ Although an affirmative response to both questions increases the likelihood of food insecurity existing in the household, an affirmative response to only 1 question is often an indication of food insecurity and should prompt additional questioning.



Food is Medicine

- American Academy of Pediatrics
 - Dec 2015 – endorsed use of 2 question screen by pediatricians at scheduled health maintenance visits.
- Not just “hunger”
 - *Nutritious* food is required for disease prevention, treatment of disease, growth and development, good behavior and academics, reducing family stress.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

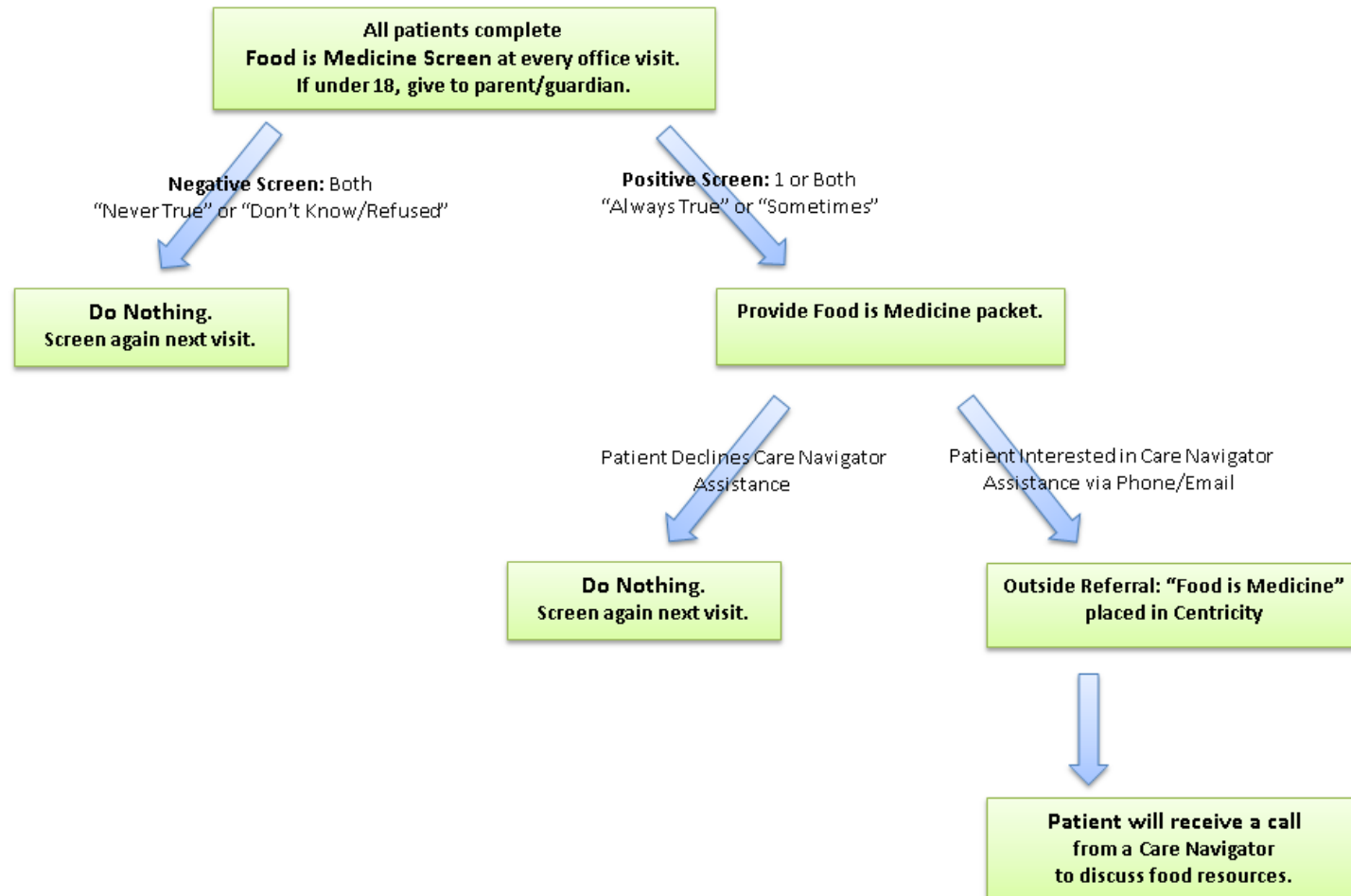
Food is Medicine

- Partnership with the Idaho Hunger Relief Task Force
- Clinic support
- Started pilot program at 1 clinic site
- Vision Statement:
 - **“To train and empower physicians to utilize their prescriptive power to connect food insecure patients to resources, recognizing the relationship between nutrition and health.”**

Food is Medicine

- Procedures developed
 - Clipboards used for 2 question screen
 - Resource packets
 - Community based “Care Navigators”
- Training staff
 - Algorithm created
 - Clinic team meetings

Food is Medicine Screening Process



Ada County Resources

Food Stamps

1720 Westgate Drive, Suite A
Boise, Idaho 83704
(208) 334-6700
www.foodstamps.idaho.gov

Boise Farmers Market (EBT)

1080 W Front Street
Boise, Idaho 83702
(208) 345- 9287
Saturdays 9am-1 pm (April- December)
\$5 matching program at market and Sprouts Kids*
\$10 Mobile Market matching program (seasonal)
www.theboisefarmersmarket.com

Capital City Farmers Market (EBT)

8th Street, Main St. through State St.
Boise, Idaho 83702
(208) 345- 3499
Saturdays 9:30 am-1:30 pm (April- December)
Food Stamp Incentive Matching up to \$10*
www.capitalcitypublicmarket.com

Free/Reduced lunch and breakfast

Child is automatically enrolled if on food stamps
<https://foodservice.boiseschools.org/>
<http://westada.org/Page/14091>

WIC

Free Nutritional Education

Idaho Foodbank

Cooking Matters Program
(208) 336-9643
www.idahofoodbank.org/programs/cooking-matters/

Eat Smart Idaho

Find classes online or (208)795-5370
www.uidaho.edu/extension/eatsmartidaho
eatsmart@uidaho.edu

Choose My Plate

www.choosemyplate.gov

Emergency Resources

El-Ada

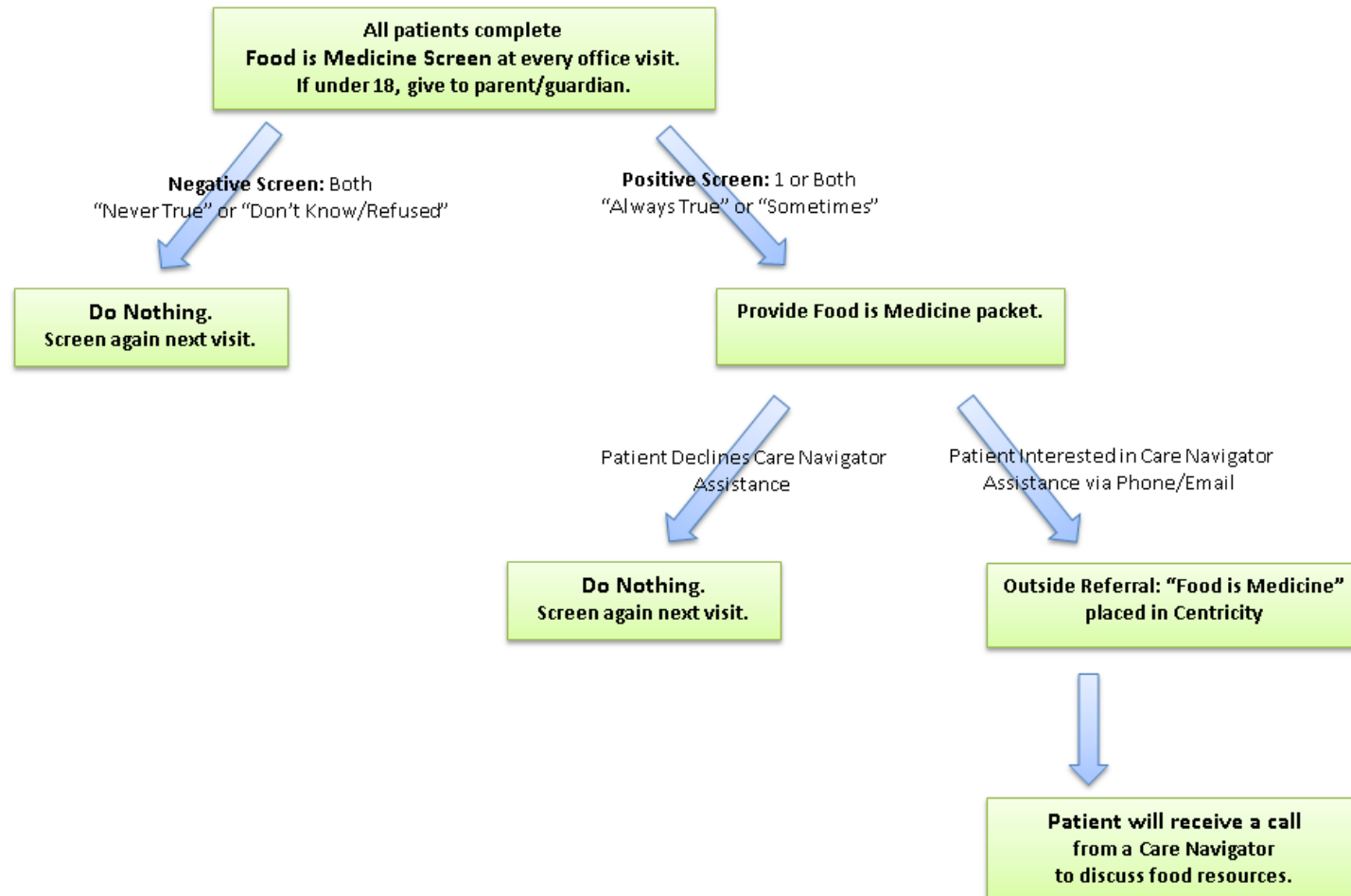
Food/Weatherization/Energy Assistance
701 E. 44th
Garden City, Idaho 83714
(208) 377-0700
http://www.eladacap.org/Services_Provided.html

El-Ada Boise Community Resource Center

Food/Weatherization/Energy Assistance
2250 S Vista Ave
Boise, Idaho 83705
(208) 345-2820

Idaho Foodbank

Food is Medicine Screening Process



Orders: ☒ This update ☐ Open ☐ All Primary Coverage: **Blue Cross of Idaho**[Set Coverage...](#)

Potential Diagnoses:

HYPERTENSION
Diabetes mellitus
FH of Diabetes
BIPLR I D/O MOST RECENT EPIS I
Depression
ANXIETY DISORDER
GERD
ASTHMA
OSTEOARTHRITIS
Status post TAH-BSO

!	Date	Description	Status	Diagnoses
!	05/15/2016	Food is Medicine	Unsigned	

[Remove](#)[Reorder](#)[Clear Diagnoses](#)[New...](#)[Edit...](#)**Custom List****Categories****Search****Order Details****Clinical Information**

Description: Food is Medicine

Code: RefFood

[Diagnoses...](#)

Authorized By: Ruszel RD, Kelsey E

[Add Modifiers...](#)

Modifiers:

Instructions: Best time to call? ___Morning / Afternoon___

May we leave message ? Y/N

Language:

A care navigator will call you soon to discuss food resources.

Disposition: Admin Hold

[Previous Order](#)[Next Order](#)**Referral Administration**

Start Date: 05/15/2016



End Date: 11/15/2016

Duration: 6 ☐ Days ☐ Weeks ☒ Months

Max Visits:

0

☒ Create Transition of
Care Document

Reason:

Referring To: ☒ External ☐ Internal provider

Insurance Notes:

[Change Coverage...](#)[Ref. Coordination...](#)[Sign Orders](#)[OK](#)[Cancel](#)

Food is Medicine

- Ongoing improvements
- Regular training updates
- Success stories
- Recently expanded to Meridian Schools Clinic
 - Kindergarten registrations

Challenges

- Electronic Medical Record IT difficulties
- Changing clinic workflow
- Care Navigators off-site
- Changing resident physicians
- Funding

Successes

- Aligned with organizational goals
- Input from nursing staff
- Community partnership
- Ongoing reminders/updates
- Care Navigator letters

Successes

Success Stories: Food is Medicine

Family Medicine Residency of Idaho: Fort Street Clinic

Looking Beyond the Numbers

As we begin the new year, we are able to celebrate the impressive success of the Food is Medicine Pilot. We are pleased to announce that we reached out to 58 food insecure households from June 2015 through December 2015.

One of the many compelling patient interactions was with "Susan", a senior citizen who was struggling to make ends meet on her fixed income. Before visiting with the Care Navigators, Susan was already on food stamps, receiving \$16 a month for extra food support. As the Care Navigators became better acquainted with Susan's story they were able to identify that she qualified for Low Income Home Energy Assistance. She is now receiving \$169 per month in utility assistance. Due to this help, Susan is able to supplement her food budget with the money she would have used to pay for her utility bills. Susan excitedly



shared that she is most looking forward to buying fresh strawberries with the extra income.

In our experience, we have discovered that many patients share similar stories. Many patients who are food insecure may already be on food assistance programs but may not know about other assistance programs they would be eligible for that would increase their food security.

Here is a hearty THANK YOU to all participating members of the clinic. You are making large strides in addressing food insecurity within our community. Susan's story is one of many, thanks to your dedication to this program.

Vision Statement: To train and empower Physicians to utilize their prescriptive power to connect food resources, recognizing the relationship between nutrition and health.

A partnership between The Family Medicine Residency of Idaho and the Idaho Hunger Relief Task Force.

- “I am surprised at how many people have been screening positively. I am glad we have resources to provide and that we can refer them to talk with someone for individual assistance.”

Thinking forward...

- Chart note describing Care Navigator intervention
- Expanding to other clinics
 - FMRI and others in Idaho
- Working with refugee families/organizations
- Provide food/vouchers in clinic

Thank You!

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